



South Dakota National Guard Service Member & Family Support

Call: 1-800-658-3930



Order from **Army & Air Force Exchange (AAFES)** catalog
www.aafes.com

ID CARDS

Do your spouse and children (10 & over) have one?
Many businesses give military discounts with an ID card
Children of Single Service Members under 10 could be eligible
Contact your unit for more information

Employer Support of the Guard & Reserve:
MAJ Lona Christensen -605-737-6540/605-431-5424

Employment Transition Coordinator:
Dan Popowski - 605-357-2913/605-695-9742

TRICARE – www.tricare.mil or 1-877-988-9378

TRICARE Reserve Select (Jan 2014 – premiums)

Service Member monthly premium \$51.68
Soldier and Family monthly premium \$204.29

Armed Forces Recreation Centers

- Reduced cost vacations
- Available world wide
- Cost based on rank

www.govarm.com

www.afvclub.com

www.shadesofgreen.org

www.armymwr.com

www.armedforces.com

www.military.com

www.halekoa.com (1-800-367-6027)

www.herosalute.com

Commissary

(Military Grocery Store)

www.commissaries.com

- Unlimited Access
- Big Savings
- No Tax

SGLI - Service Member's Group Life Insurance Family Coverage

- Maximum of \$100,000 of insurance coverage for spouses
- Not to exceed amount of coverage the insured service member has
- \$10,000 at no cost for each dependent child

MILITARY FAMILY LIFE CONSULTANT PROGRAM

Renee L. Oler

Military Family Life Counselor
Rapid City - Phone: (605) 393-5953

Military One Source

www.militaryonesource.com

Call: 1-800-342-9647

Amy LaBay

Child and Youth Behavioral - Military Family Life Counselor
Watertown - Phone: (605) 660-5636

2013-2014 Strong Bonds Events

1. January 18-19 in Rapid City

- *PREP/Prevention Relationship Enhancement
- *GYB (Got Your Back for Singles)

2. February 8 in Pierre

- *Strong Bonds for Leaders

3. March 29-30 in Sioux Falls

- *Laugh Your Way to a Better Marriage
- *7 Habits of Highly Effective Teens (for teens)

4. July 19-20 in Chamberlain

- *Laugh Your Way to a Better Marriage
- * PICK (Pre-marital Interpersonal Choices and Knowledge for Singles)

5. August 9-10 in Sioux Falls

- *GYB (Got Your Back for Singles)

Note: Units may request Strong Bonds at their unit – contact the Chaplain's Office to arrange at 605-737-6658.

Director, Service Member & Family Support - Lieutenant Colonel Bryan Jacobson
605-737-6728 / 605-415-3131

Deputy Director, Service Member & Family Support – Major Tracy Heiser
605-737-6206 / 605-391-2724

Family Assistance - Sheri Bartunek
800-658-3930 / 605-737-6079

Family Readiness - Lynn Wright
605-737-6089 / 605-381-5761

Military Funeral Honors -
605-737-6927 / 6945

Suicide Prevention Program –
SSG Michael Strang - 605-737-6949

Survivor Outreach Services –
Kevin Speirs – 605-737-6090

Transition Assistance –
Dr. Bill Meirose - 605-737-6669

Yellow Ribbon – SFC Penny Dickes
605-737-6947 / 605-787-3316

Youth – Taryn Broomfield
605-737-6919 / 605-377-8244

Chaplain Support –
Lieutenant Colonel Lynn Wilson
605-737-6009